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DESERT ROUNDUP



Vol. 37 No.13

Naval Air Station Fallon, Nevada

Friday, September 20, 2002

Military and town join in remembrance

Story and Photos By JO2 Eric D. Ritter

Time heals all wounds.

Some wounds however are deeper than others.

Those deeper wounds sometimes change everything--physically and spiritually.

America was wounded September 11, 2001. To see the physical wound of America that day, you just needed to turn on any channel on television. To see the spiritual wound on America that day, all you had to do was see the tear roll down your cheek.

America's wounds that day did change everything--but not in the way the terrorists sought. People of all ages, races, creeds and ideals didn't bow and run from terror. Just as the Japanese noted after the bombing of Pearl Harbor, December 7, 1941--a sleeping giant has just woken. Americans at home and abroad followed its states and united.

One year later, much of the landscapes and structures have been repaired, but our feelings of that day may not be as easy to rebuild as all the damaged walls and windows after the attacks.

The little town of Fallon, although small in size, held a remembrance to 9/11 in a big way. In the tiny area behind the town's city hall, countless people from all over gathered to share and listen to each other's words.

(remembrance cont, page 2)



All branches of the military as well as civil firefighters, police and emergency medical representatives joined as a show of unity.



The American flag is flown from a fire truck ladder held by a fireman's pike.



Everyone had a chance to touch a little history on an 'I' beam from one of the World Trade Center buildings.



Marines fire off the 21-gun salute.



NSAWC Commander Adm Nichols speaks to the crowd of civilian and military on-lookers.

Local area shows its appreciation

Photo by JO2 Eric D. Ritter



NMCRS representative, Shirley Parker (last on right) and Capt. Allen Banks (3rd from left) pose with the cast of "Spirit of America", Sept 11, after a tribute to America and the armed forces at the John Ascuaga's Nugget Casino.

The anniversary of the Sept 11 events of last year is still striking a cord of patriotism within Americans these days. Many Americans feel compelled to help in whatever way they can.

Locally, many of them chose to support their local militaries as part of the war on terror.

In Reno, the John Ascuaga's Nugget Casino's showroom dedicated one of its shows from the 'Spirit of America' to the NMCRS fund. The cast and crew donated all their time and money from the evening to go to the organization.

Also in Reno, the world famous Reno Air Races opened its doors, free of charge, to military members throughout the highly successful event.

Many other not-as-large forms of appreciation have also been occurring lately too. Servicemembers may notice an increase in handshakes and pats on the back from strangers these days too.

Military appreciations are not just a one-way avenue either. Every American is involved in this fight in some way. The military has its own appreciation to Americans--we can't do it without you.

Photo by JO2 Eric D. Ritter



YN2 Erich Sweaney (left) and YN2 Michael Murray attended the military appreciation day along with hundreds of other soldiers and sailors at this year's Reno Air Races.

Chaplain's Corner



Chaplain Chat

By Fr Tom Friedl

Within the next few calendar days, the season will officially change from summer to autumn when the hours of sunlight and darkness seem to equal themselves out. And, we know we must endure the greater periods of darkness to come in the next several months. The equinoxes and solstices are the cosmic reminder that all things seek a balance. Even our own lives need to find balance between the many things that capture our attention on a day-to-day basis. When one's life is "out of balance", most seek to find the cause of the stress/imbalance and correct it. Spirituality is part of the balancing act in our daily lives, because it puts us in touch with the bigger picture – a larger goal. Many of our religious beliefs and practices urge us humans to get over ourselves and go

about the task of building a better world. The Christian liturgical calendar uses the cosmological events of the northern hemisphere to remind its adherents that good triumphs over evil; that the imbalance of darkness will give way to the abundance of light.

Daily life is usually about discovering a balance between many things. This isn't always easy. Life tends to throw things in our face, things we are sometimes ill prepared to handle. Life is good when things go our way, and it all appears effortless. It is during these "good times" that many don't give any thought to the spiritual dimension of their lives. But when something awful and terrible happens, many persons cannot weather the stress that is created. They choose destructive behaviors in an attempt to cope with the stress, behaviors that sometimes get them in more

trouble. Studies have shown that attending to the spiritual dimension of a person's life is essential to achieving and maintaining a healthy balance. It is part of being able to cope with the stress of life.

Life is a constantly evolving process of making choices and arranging priorities. One source of stress is how those choices are made and how those priorities are set in place. For me, the story of Daniel in the lion's den provides a clue how important the spiritual life is when surrounded and overwhelmed by the stress of life. Even when confronted with hungry lions sniffing at him, Daniel placed his trust in God and used the opportunity to pray. And, the lions didn't touch him.

The news reports from the White House and Congress give hint of the busy-ness that is coming our way. This means longer

Chapel Call

Protestant

Sunday: 11a.m. Worship Service
Communion Sunday is the first Sunday of each month.

Catholic

Sunday: 9:30a.m. Mass
For other Catholic services available in town, please call St. Patrick's at 423-2846

Educational Opportunities

Servicemembers who are interested in pursuing their bachelor's or master's degree in 2003 can use their Top-Up and GI Bill benefits at many well-known educational institutions. Since military students are in demand, many universities accept VA benefits and have created flexible programs to fit the needs of military students. Servicemembers may already have earned credit towards their degree through military service.

To find military-friendly schools and request free information on educational opportunities, go to <http://www.military.com>

(remembrance from page 1)

Military, firefighters, police, medical technicians, teachers, wives, husbands, fathers, daughters and so forth came to the spot to show that every person was and still is affected. Tears that may not have flowed since last year came to the eyes of many in the crowd. The mood was somber--led by pipes of the bagpiper. The speeches by the town's mayor, Ken Tedford Jr., and NSWAC Commander, Adm David Nichols, struck cords of patriotism in our hearts as the American flag flew above the crowd reporting our view of the symbol that we had taken for granted so many years before.

The Fallon spirits weren't the only spirits there that day either. In that little area behind city hall, the entire spirit of America was unveiled in a small pillar of steel.

A solid piece of an 'I' beam from one of the Trade Center buildings now stands for strength again--not as a piece of a central commerce building any longer, but as a symbol of America's pride.

Much of the ceremony was silent outside of the moving speeches and songs. But toward the end, the growling sound of the Navy's 'missing man' aerial formation approaching and shortly after the Marine's 21-gun salute brought the 'sound of freedom' to this little town once again.

After the ceremony, the crowd of people gathered in lines to see and appreciate the new monument. Some even went as far as to touch it--as to get closer to the souls of that fateful day. It's hard to believe that the small piece of metal that we now have based in a foundation of brick and stone can be such a powerful reminder of the painful events that day. However, it's also in the strength of that metal that symbolizes America and how it too will survive just as that small piece of metal, through melting fires, survived and will continue to survive as long as we don't forget.



MWR employees and staff members held their own remembrance outside of the MWR buildings, Sept 11. With symbols of America around the property and the song 'Proud to be an American' playing, small crowds gathered to express their patriotism (Photo by JO2 Eric. D. Ritter).

The Desert Roundup Editorial Office, Public Affairs Office NAS Fallon, NV 89496

This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the Desert roundup are not necessarily the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Defense, the Navy, NAS Fallon, or the publisher, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation of any other non-merit factor of the purchaser, user or patron. If a violation of this equal opportunity policy by an Advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Inquiries regarding the placement of paid advertising should be directed to the Lahontan Valley News and Fallon Eagle Standard Advertis-

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Submissions in the form of news and feature stories, photographs and letters to the editor are encouraged; these must include author's name, rating, rank and unit for military, and position and department for civilian personnel.

All submissions, with the exception of letters to the editor, must include duty phone number for verification of information. Signed letters to the editor will be considered for publication unless the writer requests that the contents not be published. Names will be withheld upon request. News and feature copy may be edited for adherence to appropriate news style and are subject to editing due to space limitations. Submit articles by e-mail or in text format on 3.5" disks and hard copy. Deadline is noon, nine days prior to publication. Classified Ads: Classified advertising of personal items and services for

sale by members of the command may be accepted free of charge provided such items and services are not business operations, but represent an incidental exchange between active duty and retired military personnel and their families and from civilian employees at NAS Fallon. Free classified ads are limited to 24 words or less and must be submitted directly to the publisher on a form available in the Public Affairs Office.

Deadline for free classified ads is the same as the deadline for submission of article and photos. These ads are accepted only by mail or delivery by the above date to the office of the publisher, no phone-in ads will be accepted. Free classified ads may be emailed to eric.ritter@navy.mil

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Cmdr. Ed Rybold, Executive Officer
Zip Upham, Public Affairs Officer
JO2 Eric D. Ritter, Editor/Layout&design/Photographer/Writer
JO3 Denise Morris, Staff Writer/Photographer

BZs on base

Congratulations Chiefs!



New Chiefs (not in order): AEC(AW) Brian Simpson, AOC(AW) Kevin Williams, AOC(AW) Norris Matthew, CTRC(SW/AW) Jay R. Kelley, QMC John P. Coonce, AOC(AW) Stanley Bragg, AMEC Anthony Shumaker, AEC(AW) Brian Robertson, HMC William Johnston, MNC Jeffrey Bussey and BMC Scott J. Deines.

Thank you, NSAWC First Class Association



The NSAWC First Class Petty Officer Association took pride in sponsoring a spaghetti luncheon on Sept 11. They raised funds to donate to the Federal Employee Education and Assistance Fund (FEEA) Pentagon Scholarship Program. The FCPOA would like to thank everyone that took the time to come out to show their support and for the many generous donations that were given. Pictured: First row : FC1 (SW) Curtis— AE1 Buckels — IT1 Morales 2nd Row: LN1 Brown — IS1 DeJulio — AK1 (AW) Hubert — AZ1 Williamson 3rd Row: AT1(AW) Nunnley — CTO1 Conwell; Top Row: NC1 Aquino



CSFWPD would like to congratulate AK1 Ariel Beliso on his re-enlistment for another two years. Beliso re-enlisted on Aug 28 in front of his fellow shipmates. Cmdr Keith E. Schanz, acting CSFWPD OIC, presents Beliso with the event's honors

HealthWatch:Five-a-Day Can Keep You Healthy Year ‘Round

By Brian Badura,
Bureau of Medicine and Surgery

As young children, many of us heard mom say, “Eat your fruit and vegetables, they’re good for you.” Did mom have hard facts to back this up or was it just a ploy to get us to eat things we didn’t like?

Truth be told, that recurring message from mom was right on track. Our bodies need fruits and vegetables every day to stay healthy. That’s why the staff at Navy Environmental Health Center (NEHC) is promoting the Five-A-Day for Better Health.

The aim of the Five-A-Day program is to inform Americans that eating five servings of fruits and vegetables each day can improve their health and may reduce the risk of cancer.

It began back in 1991 as a combined effort between the National Cancer Institute and the Produce for Better Health Foundation.

“We encourage participation in the

Five-A-Day program because Navy personnel need to make healthy choices in their diet,” said Lori Tubbs, health promotion nutrition program manager at NEHC.

Many fruits and vegetables are now ready for harvest, making this the perfect time to get on board with the Five-A-Day plan.

Can something as simple as fruits and vegetables really make a difference? Consider these facts:

- People who eat five a day or more have half the risk of developing cancer as those who eat just two a day.
- Eating fruits and vegetables not only cuts the risk of cancer, but also heart disease, diabetes, stroke, obesity, and birth defects.
- Eating proper portions of fruits and

vegetables can reduce the risk of cataracts five fold.

- Between 30 and 70 percent of all cancer deaths are diet related.

Five servings a day may seem like a lot, but it’s not. Some examples of one serving include one medium fruit or one-half cup of cut up fruit, three-quarters of a cup of 100 percent fruit or vegetable juice, or one cup of raw leafy vegetables.

Many sailors struggle with their weight, and eating fruits and vegetables when visiting the galley can be a great way to help shed some excess pounds.

“We’re going so far as to include fruits and vegetables in vending machines,” said Tubbs. “We also need to educate and inform our people of the benefits of eating right.”

AD
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space

News and Notes

Thursday, Sept 26

Fajita Night, 5pm – 8pm

Planet X

Every Sunday, Karaoke

8pm - 11:30pm9

Every Tuesday 9-Ball Tournaments

7pm 8

Every Thursday 8-Ball Tournaments

7pm

Jst REC-it

Saturday, 21

Rafting Trip in Tahoe City

8 am – 5pm

So awesome, we're doing it again!

Outdoor Recreation

½ off rental mountain bikes and fishing poles throughout September... Watch for Hunters' Specials in October!

426-2598

ITT

Legoland: \$21Great savings

Great America: \$30 for adults/\$19 for children

ITT offers a new hotel at a great discount. Sienna Hotel & Spa is located on the Truckee River!

Saturday, 21

Chili Cook Off

Think you can out cook your spouse or friends? Prove it at the MWR Chili Cook Off

Prizes awarded to the best with and without beans \$10 entrance fee, includes T-shirt. Spots limited \$30 you can have a group of 4 including T-shirts. Call now and reserve your spot 426-2865

Contests Wednesday, Sept 25 at Planet X for FREE tickets to... Oakland Raiders VS Tennessee Titans in Oakland on Sunday, Sept 29!

Contests start at 8pm and include the following:

Hamburger Eating Contest

Best Dressed Raiders Fan

Oakland Trivia

Transportation to the game will be provided including snacks and drinks for \$30 per person

Call 426-2836 for more information

Jst REC-it program presents...

Utah Jazz VS Sacramento Kings

NBA Exhibition game in Reno

Oct 10

\$21 per person bus leaves at 4pm

and will return by 11pm

sign ups must be by Sept 20

call 426-2836

Variety Music Nights

Sundays

DJ "Joleen the Queen" Karaoke

8 p.m. - Midnight

DJ "Richard"

Top 40/Dance/ "Ol' Skool"

Mondays

DJ "Jordan" and Country Videos

8 p.m. - Midnight

Tuesdays

DJ "Jordan"

Hard and Classic Rock

8 p.m. - Midnight

Wednesdays

DJ "Tsmoov"

R&B/Hip Hop/Latin Dance

8 p.m. - Midnight

Thursdays

DJ "Richard"

Top 40/Dance/ "Ol' Skool"

8 p.m. - Midnight

Fridays

DJ "Tsmoov"

R&B/Hip hop/Latin Dance

8 p.m. - Midnight

Saturdays

DJ "Tsmoov"

R&B/Hiphop/Latin Dance

8 p.m. -Midnight

Win a trip to New York

If your vagabond shoes are longing to stray, you may have a chance to explore New York City. Navy Morale, Welfare and Recreation (MWR) has planned a dream ticket trip for 10 lucky winners and their guests to be a part of the excitement in New York from Dec. 27, 2002 to Jan. 2, 2003.

Active duty personnel stationed on a Naval facility and their family members ages 18 and older are invited to enter the newest Saluting Sailors and Their Families contest. Navy New Year's Eve in New York City is now open.

No purchase is required and there are four ways to enter from Aug. 1 to Nov. 1. Enter via the web site www.mwr.navy.mil. Fax in an entry form to (901) 874-6831 or DSN 882-6831. E-mail your form to NYCtrip@persnet.navy.mil. Or utilize the U.S. Postal Service and mail in your entry form to Saluting Sailors and Their Families, Attn: Navy New Year's NYC Contest, P O Box 606, Millington, Tenn., 38053-0606.

Entry forms may be found at most any of your lo-

cal MWR facilities beginning August 1. Contact Navy MWR Division to receive an entry form at contestinfo@persnet.navy.mil.

A city tour is included in the trip, but you'll also be given some free time to venture out on your own. Museum fans will find themselves in museum mecca. Dining opportunities abound in this city of lights. Even strolling down Fifth Avenue is an adventure not to be missed. Do we even need to mention the shopping opportunities?

Make a brand new start of it with a spectacular New Year's Eve celebration right in the very heart of Times Square with about a million of your close friends. If you make it there you'll make it anywhere, including lounging on New Year's Day in the Hospitality Room as you watch the Bowl Games, or get on out and be a part of it in old New York with a day of sightseeing.

Be sure to enter to win – it's up to you, New York, New York.

For more information about MWR functions, visit their Web site at www.mwr.navy.mil. For more Navy Personnel Command news, visit their NewsStand page at www.news.navy.mil/local/cnp.

September 20

1981 - USS *Mount Hood* and Navy helicopters rescue 18 crew members of Philippine Navy frigate, *Datu Kalantiaw*

September 21

1858 - Sloop *Niagara* departs Charleston, SC, for Liberia with African slaves rescued from slave ship.

1923 - Asiatic Fleet completes mission of aiding earthquake victims in Japan.

1939 - President Franklin D. Roosevelt asks Congress to repeal the arms embargo provision of the Neutrality Act.

1944 - Aircraft from 12 carriers commence 2-day attack against Japanese ships and airfields on Luzon, Philippine Islands.

September 22

1776 - John Paul Jones in *Providence* sails into Canso Bay, Nova Scotia, and attacks British fishing fleet.

September 23

1779 - Captain John Paul Jones in Continental Navy frigate *Bonhomme Richard* captures HMS *Serapis*.

1931 - LT Alfred Pride pilots Navy's first rotary wing aircraft, XOP-1 autogiro, in landings and takeoffs on board USS *Langley* while underway.

1944 - USS *West Virginia* (BB-48) reaches Pearl Harbor and rejoins the Pacific Fleet, marking the end of the salvage and reconstruction of 18 ships damaged at Pearl Harbor on 7 December 1941.

September 24

1918 - Ensign David S. Ingalls, USNR, in a Sopwith Camel, shoots down his fifth enemy aircraft, becoming the first U.S. Navy ace while flying with the British Royal Air Force.



Command Notes

SPEEDING – There has been a problem with personnel speeding both on the base and on Pasture road. The speed limit on Pasture road is 45 mph. Numerous personnel attempt to pass on Pasture road just to get to the gate one or two cars ahead of where they might have been or a few seconds earlier than they would have. This unsafe practice needs to be stopped before someone gets hurt. If unsafe speeds/passing continues, Churchill County Sheriff's will be asked to heavily patrol Pasture Road. The speed limit on base, unless otherwise posted is

25 mph. When passing military formations, the speed limit is 10 mph. If you see someone attempting to enter a crosswalk you must stop, not speed up. Drive courteously and use common sense!

BACKPACKS/CAMELBACKS – Per Uniform Regulations 2101.3C(2), backpacks are not authorized to be worn in uniform, except while riding a bicycle or motorcycle. Backpacks must be carried by hand, preferably the left to facilitate saluting. The only bags permitted to be worn are full seabags, women's Navy-certified handbags, and, in working

areas only, Camelbaks. By direction of the CO, Camelbaks are authorized to be worn while actually engaged in working on the flightline, but are not authorized outside the vicinity of the flightline, with the exception of Base Security and EOD personnel on duty. Camelbaks qualify as organizational clothing, and fall under the same restrictions as foul weather jackets under the Uniform Regulations. In other words, they are not authorized for transit or wear outside the immediate workspace. This does not constitute authorization to wear backpacks with Camelbaks installed.

BODY PIERCING – Body piercings are not authorized while in uniform. No articles, other than the earrings for women specified in the Uniform Regulations shall be attached to or through the ear, nose, or any other body part. Additionally, body piercing is not authorized in civilian attire when in a duty status or while in/aboard any ship, craft, aircraft, or in any military vehicle or within any base or other place under military jurisdiction, or while participating in any organized military recreational activities.

**Full
Page
Ad**



THE CHALLENGES OF PARENTING
By Kate Crook, LCSW
Fleet & Family Support Center

Parenting is both challenging and rewarding. In the parenting process, adults are participating in the actual formation of a little being and watching that little being grow into an adult. Unfortunately, parents receive very little training and preparation for this important task.

Prior to a baby's birth, nature and time take care of most of the work. The responsibilities of the mother-to-be are few and center primarily on doing healthy things for herself, i.e., eating nutritionally, abstaining from alcohol and smoking, getting plenty of rest, and other practices that actually involve pampering oneself. The father-to-be accompanies his wife to doctors' visits and looks at the ultrasound pictures with her. Parents-to-be can participate jointly in preparing for their baby's birth in buying clothes, furniture, and baby care items. They can playfully experiment with different possible names for their baby. They can also let their imaginations go in thinking about what their child might look like or whether their child will grow up to be a famous basketball player or the doctor who finds the cure for cancer. Thoughts about the baby's future prior to birth are only limited by the parent's imagination.

After the birth of a baby, things can change dramatically as parents-to-be become actual parents. For the new mother, focus on caring for herself switches abruptly to caring for a helpless, demanding infant. New fathers often feel left out of what seems to them to be a focus on the relationship between mother and infant. The new mother may find that she is tired or angry and begin to question her own ability as a mother. Parents who thought having a baby could save their troubled marriage may find themselves repeating the same patterns and arguments that they had previously.

For couples whose baby is born with medical problems, the demands can be even greater.

As infants grow, they begin the long process of establishing their own identities and separating from parents, a process which ends approximately eighteen years later in independence. This is often a challenging time for parents as they learn to deal with "no", "why" and the task of toilet training. It is important to understand that babies and toddlers do not have the same cognitive or thought processes as an adult. Although it may seem like it at times, infants and toddlers do not set out to deliberately make their parents crazy. It's also important for parents to learn the delicate balance between protecting and teaching and letting go.

There are several concepts that are important for parents to remember. As mentioned in the beginning of this article, parents are participating in the formation of a little being and watching that little person grown into an adult. One of the critical tasks of parents is to let go. Over control often leads to rebellion in a child. On the other hand, lack of protection and direction can lead to a child who is adrift. As a balance between these two extremes, provision of consistency, nurturing, support, acceptance, and understanding of the child's needs are all vital in the forming of a healthy ego or self. The days when parents could dream freely about the baby-to-be's future end when parents confront the reality of the choices their children actually make. It's okay for parents to feel a sense of less when their own personal dreams for their child don't come true. However, it is more gratifying when parents know they have given their child the self-esteem and wisdom to make healthy, life-enhancing choices for themselves.

Desert Moon Theater

Friday, Sept 20	6:30pm 9pm	Bloodwork (R) Signs (PG13)
Saturday, Sept 21	6:30pm 9pm	Austin Powers 3(PG13) Pluto Nash (PG13)
Sunday, Sept 22	2pm 5pm 7:30pm	Road to Perdition (R) Signs (PG13) Austin Powers 3(PG13)
Monday, Sept 23	6:30pm	Signs (PG13)
Tuesday, Sept 24	6:30	Pluto Nash (PG13)
Wednesday, Sept 25	11am 6:30pm	Bloodwork (R) Signs (PG13)
Thursday, Sept 26	6:30pm	Austin Powers 3(PG13)
Friday, Sept 27	6:30pm 9pm	Master of Disguise(PG) XXX (PG13)
Saturday, Sept 28	6:30pm 9pm	Austin Powers 3(PG13) XXX (PG13)
Sunday, Sept 29	2pm 5pm 7:30pm	Master of Disguise (PG) Signs (PG13) XXX (PG13)

*Movie dates and times after September 29 TBA
Call the Theater for up-to-date times at 426-2552*

FFSC SEPTEMBER CLASSES

- Wed – 25 Sep & 2 Oct

True North

1130 – 1245

FFSC, Bldg 309

This is a weekly support group for those whose lives have been touched by any kind of addiction. Whether it is family members or friends, past or present. Come and join in discussions with others who have been/or are in the same boat.
- Thu – 26 Sep & 3 Oct

Write Your Life

1100 – 1230

FFSC, Bldg 309

Here's a journal writing workshop that will have you growing and going to levels that you never thought possible. Discover the ability to transform your life. Increase your self-awareness and self-esteem! Bring your lunch, your journal, pens and a curious, creative spirit!
- Thu – 26 Sep & 3 Oct

Couples' Communication

1300 – 1600

FFSC, Bldg 309

Communication is more than just talking. Revive your relationship by discovering ways to connect yourself and your partner through the artful use of effective communication. Reduce conflicts, get heard, and hear what your partner is trying to express.
- Mon – 23 & 30 Sep

Eustress 2

1300 – 1600

FFSC, Bldg 309

You've already taken the Stress and Anger Management classes and you could use a refresher as you begin to apply those new management principles to everyday life. Now every Monday you can get together with other life skills graduates for ongoing support in converting distress into the positive Eustress. Bring your lunch and your frustrations!
- Wed – 25 Sep

Parenting with Purpose

1300 – 1600

FFSC, Bldg 309

Children don't come with directions! Being a parent should come with a "How to .." handbook! It doesn't! Parenting an infant is difficult, terrible twos are difficult, school age parenting is challenging and parenting a teen is absolutely impossible. The FFSC would like to offer some skills to assist parents along the way. Join this group and learn to put your own personal parenting plan to work!

All classes are free to active duty military, retirees, and family members!

Call the FFSC at 426-3333 to register for classes.
Don't let a class be cancelled for lack of participation!
** NOTE: Watch for a number of additional classes to be added in the very near future. If you have a suggestion of a class you would like to see offered, please call the FFSC Director at x3333.
We are here to serve your needs!

AD
Space

Employment Opportunities

VACANCY NOTICE

Churchill County High School NJROTC Program announces a position:

Naval Science Instructor

This position will serve as an assistant to the Senior Naval Science Instructor.

Position requires: Retired or will be retired by August 2002 from the U.S. Navy or U.S. Marine Corps.

Naval Science Instructor Certification or qualified to obtain certification by August 2002.

Completed Churchill County School District application including a resume.

Salary based on active duty pay and retirement pay.

200 day work calendar to include actual 182 school days.

Application Deadline: 4 p.m. on Friday, May 24, 2002.

For information, call Personnel Office (423-5184) - Mrs. Lori Norcutt, Gary Imelli, Assistant Superintendent or Commander Rod Maskew, Naval Science Instructor - CCHS (423-2181)

Supply Clerk

Salary Range: \$24,701-\$32,113

Knowledge, skills and abilities: Knowledge of standardized supply regulations to perform routine technical support duties related to maintaining property accounts and records, completing individual transactions, providing customer assistance, screening reference files, conducting data searches and distributing output files.

Who may apply: Current or former permanent federal employees eligible for transfer or re-instatement, veteran readjustment appointment eligibles, disabled veterans, applicants meeting criteria for serverly physically disabled and current DoD nonappropriated fund employees.

How to apply: If you are interested in applying for the position listed above, please submit your resume on line www.donhr.navy.mil or you may email your resume to wantajob@sw.hroc.navy.mil. Please select announcement number 2005. U.S. citizenship is required.

Security Assistant

Salary range: \$22,078-\$35,796

Knowledge, skills and abilities: Responsible for assisting in the execution of personnel, information, ADP and physical security programs at NSA/CSS. Assists the security department and command by performing a variety of clerical and administrative duties in support of the Security specialists. Responsible for the administration of the security program for a major critical program of highly classified nature. Incumbents will be required to obtain and maintain a top secret clearance. Coordinates and/or conducts destruction of classified material. Maintains destruction records. Provides computer support, utilizing microcomputers and com-

puter programs and loading of software onto the hard drives. Performs internal physical security functions for facility including making safe combination changes and administering lockup procedures.

Open to all U.S. citizens.

If you are interested in applying for the position listed above, please submit your resume on line www.donhr.navy.mil or you may email your resume to wantajob@sw.hroc.navy.mil. Please select announcement number 0086. U.S. citizenship is required.

Emergency Communications Dispatcher

Salary Range: \$24,701-\$32,113

Major duties: Operates all communi-

cations links pertaining to law enforcement, physical security, fire suppression, aircraft crash/rescue vehicles and personnel.

Knowledge, skills and abilities: Ability to operate multiple radio communications equipment simultaneously.

Ability to operate alphanumeric keyboard. Ability to dispatch emergency response vehicles to exact locations.

May have highly stressful situations. Who may apply: Current or former permanent federal employees, disabled veterans meeting criteria and current DoD nonappropriated fund employees.

If you are interested, please submit resume to wantajob@sw.hroc.navy.mil. Please select announcement 2151

Desert Classifieds

Pets:

--If you're looking for a new or lost pet, please check with the Churchill Animal Protection Society (CAPS). They have a number of animals available for adoption or sponsorship. Call 423-7500 for more information.

Autos

:FOR SALE-

--Dodge Ram Mopar bedliner--less than 1-year old.

Fits short bed. Excellent condition. All attaching hardware included.

Bug deflector brand new.

Both for \$150. Call 423-9675

--2001 GMC Jimmy 4x4 SUV for sale. 26,000 miles, every option but leather. still under warranty. asking \$18,500 firm, well under blue book. Ask for Joel 428-6898

For sale: '86 Mercury Cougar; automatic; runs well but needs some work; \$650 obo; call Shaun at 428-6645

--'93 Ford Explorer 4x4 Sport 2D. Forest green w/ tan leather. AC, power everything, cruise, alarm. Excellent condition at NASF Lemon Lot, \$4,250 -- email: wannabebob@yahoo.com or call bill at 426-3162

Misc.:

I am looking for a roommate to share a 2 bedroom, fully furnished apartment located in a quiet part of town. The rent is \$275 a month and includes all utilities (elec., gas, water, garbage) Cable TV and telephone are extra. It takes approximately 10-15 minutes to get to Fallon NAS 423-7918

--Motorcycles: 1998 RM 125 Suzuki, many-many extra parts, excellent running machine, must go... asking \$2,850.00 or best offer (O.B.O.); 2001 RM 125 Suzuki, brand new with low hours, must go, asking \$3,750.00 or best offer (O.B.O.) Truck: 1997 Dodge Ram

1500, extended cab, 4x4, 5.9L V-8, automatic transmission, power everything, 3.5 inch lift with off-road tires, sprayed in bed liner, asking \$16,500.00 or best offer (O.B.O.) Contact Dustin Wiggans anytime. Work (775) 426-2319 or Home (775) 428-1122

--Dual Stroller for sale. Two-way stadium seating. All-terrain tandem stroller. Excellent Condition. Front seat reverses so tots can ride face-to-face. Rear seat fully reclines. Great for infants. Asking \$100. Call Laura at 423-9465.

--Kenwood stereo system with cabinet, speakers, 2 sided tape deck, tuner, cd player (holds 5 CDs) and amplifier all are also in excellent condition. Now asking \$500. Please call 423-2624.

--1995 G.E., 21.7 cu. ft., side-by-side, frost-free refrigerator/freezer with ice maker. Asking \$650/OBO. Phone AECS Jim Williamson at 426-3485, during normal working hours or 423-8619, after normal working hours.

--Deluxe Stoller with car seat \$45 obo and "Hello Kitty" high chair, \$5; 2 bar stools, \$15 or 1 each, \$8 Call Mardie at 423-2246.

--Roommated wanted: 2bedroom townhouse. Room is 15x13. Military male preferred. \$300+utilities. Call KC 423-9675

AD
Space

Looking for that one particular elusive item? Put your wanted ad in the Desert Roundup. Call 426-2880 for more information

Sailors Take Advantage of TSP

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — More than 87,940 active and Reserve Sailors are taking advantage of tax benefits and the chance to provide for their futures by contributing to the Thrift Saving Plan (TSP).

During the second TSP enrollment period, more than 1,200 E-1s signed up, leading the way for new enrollees. Each new Sailor is given a 90-minute TSP presentation during boot camp.

In the officer ranks, O-3s led the way with more than 1,100 new enrollees.

TSP is designed to be a convenient way to provide service mem-

bers with the opportunity to invest in a variety of investment vehicles that can augment future income.

Working much like the civilian 401(K) savings plan, pre-tax dollars are invested to provide a long-term savings program with immediate tax advantages for military members. The account is transferable to other tax deferred programs and is not tied to the military retirement system.

The next TSP enrollment period begins Nov. 15 and lasts through Jan. 31, 2003.

For more news from the Chief of Naval Personnel, go to their Navy NewsStand Web page at www.news.navy.mil/local/cnp.

Troops Urged to Vote by Absentee Ballot

Stateside and overseas troops and U.S. civilians overseas should now be requesting absentee ballots in order to vote in the November general election, DoD's senior voting official urged today.

State voter registration deadlines are nearing and absentee voters need to obtain and send in their Federal Post Card Application forms to register to vote.

U.S. civilians and military members living overseas should submit voter registration forms so that local election officials receive them by Oct. 7.

Overseas voters should return their filled-out absentee ballots by Oct. 15 to ensure that local election officials receive them in time, she said.

Overseas voters should use the Federal Write In Absentee Ballot if their requested state absentee ballot does not arrive in time to allow voters to return it by the state deadline for counting, Brunelli pointed out.

The November election, she noted, involves about a third of the Senate, the entire House of Representatives, 37 state governors, and thousands of local races.

It's important that absentee voters sign and date the ballot return envelope. Some states require that the envelope be postmarked, witnessed or notarized.

Troops with questions on absentee voting requirements should see their unit voting assistance officer or read their state registration and voting procedures on the [Federal Voting Assistance Program](http://www.fvap.gov) Web site at www.fvap.gov.

AD
Space

Silver State presents...

BIKE NIGHT



Featuring Harley Davidson
Friday, 20 Sept. at the O'Club !

- * Bring your bikes and park in front of the club (circular driveway) for display
- * Enjoy a real biker's diner with a "Build your own burger bar" 6pm
- * Wear your leathers, do-rags or best Harley attire
- * Band "Fast Forward" 8pm
- * Harley Davidson T-shirt contest 10pm

Get ready to go HOG WILD !

ITT presents...
All Hands Chili Cook Off



21 September

10am - 4pm

1st, 2nd, 3rd Place Winners for
 with beans and without beans

Cost: \$10 per single entry/\$30 per team of 4
 entry...all participants receive a shirt! All sign
 ups must be in by 17 September, call X2865

Join us at Planet "X"

JST REC IT PRESENTS...

**UTAH JAZZ VS.
 SACRAMENTO
 KINGS NBA
 EXHIBITION
 GAME IN
 RENO!!!**



OCTOBER 10

COST IS 21.00 PER PERSON. BUS LEAVES AT 4:00PM AND
 WILL RETURN BY 11:00PM. SIGNUPS MUST BE BY
 SEPTEMBER 20/02.PLEASE CALL X2836 FOR MORE INFO.

Northern Nevada Race for the Cure

Teams are forming throughout Fallon and other areas around northern Nevada in the Komen Northern Nevada Race for the Cure.

The Susan G. Komen Breast Cancer Foundation's mission is to eradicate breast cancer as a life-threatening disease through the advancement of research, education, screening and treatment.

The Komen Northern Nevada Race for the Cure is one of 112 Races throughout the nation with over 1.5 million people expected to participate in 2002. Seventy-five percent of the net proceeds stay in our community to fund local breast cancer education, screening and treatment programs. The remaining twenty-five percent helps fund breast cancer research and project grants awarded through Komen Foundation Headquarters. More than \$113,000 in grant money was awarded to the following local organizations thanks to proceeds from the 2001 Race:

- * American Cancer Society
- * Carson Advocates for Cancer Care
- * HAWC
- * Orvis Nursing Center
- * Rural Health Center/Mammovan
- * Saint Mary's Clinics
- * Washoe Medical Foundation

Registration - Individual participants only 10/6 8:00 am - 9:30 am

Breast Cancer Survivor Recognition Ceremony 10/6 9:30 am

1 Mile Untimed Stroll 10/6 10am

5K Competitive Run 10/6 10:15 am

5K Untimed Walk/Run 10/6 10:35 am

Awards Ceremony 10/6 11:45 am - 12:30 pm

For more information:

Office Location:

2345 E. Prater Way

Suite 115

Sparks, NV 89434 Mailing Address

PO Box 2425

Reno, NV 89505 Phone:

Phone: 775/355-7311

Fax: 775/355-7245

Online information and registration go to: <http://www.northnvkomen.org>

AD Space